

Casemate

Spotlight
Event

'Tis the Season ...
Fort Monroe will stoke the community's festive spirit with a variety of holiday events.

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Community Notice

Craven continues flu vaccine program

Craven Army Health Clinic officials announced recently that they still have a limited supply of flu vaccinations available for their enrolled TRICARE Prime patients who meet the "high risk" criteria established by the CDC.

Shots will be given at the immunization clinic during normal duty hours (7:30 to 11:30 a.m. and 1 to 4 p.m.) on Monday, Wednesday and Friday until the supply is exhausted.

If you have questions about the flu program, or CDC's high risk criteria, call Chris Swink at 314-8044.



Photo by Patricia Radcliffe

Three-year-olds Isabella Shelton (left) and Olivia Henderson (right) wear paper headbands and vests they decorated to represent American Indian costumes. They sang a fun and imaginative song about "big, fat Mr. Turkey" Wednesday at the Child Development Center.

Post earns first state-level recycle title

BY BELINDA BAKER
CASEMATE STAFF WRITER

The Virginia Recycling Association has selected Fort Monroe as an "outstanding government agency" in response to the installation's aggressive environmental and solid waste management programs.

Environmental scientist Peter VanDyke and division chief Jennifer Guerrero of Fort Monroe's Directorate of Public Works/Logistics received the award last month during a VRA luncheon.

VanDyke said competition was tough but Fort Monroe had a key factor that likely put the installation ahead. Salvaged building material collected for reuse or recycle in a process called deconstruction greatly impressed the VRA.

"I didn't want to focus the whole application for the award on (standard recycle material) because a lot of agencies have that kind of stuff; so I intertwined deconstruction, and I think that put us on top," he said.

"We need to make recycling a lifelong practice."

Peter VanDyke
Environmental Scientist

VanDyke explained that deconstruction is the careful disassembly of a building to recover reusable and recyclable things such as doors, windows, bricks, porcelain items, concrete and other building materials.

"We recently took down seven buildings which probably generated about 3,500 tons of material and we kept about 76 percent of it from going to landfills. A large portion of that went to Habitat for Humanity," he said.

VanDyke said DPW/L began looking for a more "expedient, environmentally sound and cost-effective" building removal plan when a number of structures, including the seven

Queen Anne Duplexes and many World War II-era buildings, became unfit for use. The need for such a plan intensified when the post suffered hurricane damage in 2003 that produced tons of solid waste.

The concept of deconstruction gained momentum here after DPW/L examined similar programs at other Army installations and did extensive research online. Impressed with their findings, officials here decided to adopt the practice, which coincidentally adheres to a new DoD mandate, he added.

The mandate calls for installations to divert over 40 percent of non-hazardous solid waste from landfills by the end of fiscal year 2005. It also requires military facilities to have solid waste management programs that are economically sound in comparison to landfill use and incineration alone, according to a January report written by VanDyke and his colleague Ron Pinkoski.

See RECYCLE, Page 3

Sergeant Audie Murphy Club Induction Ceremony, Monday, 10:30 a.m., Post Theater

“Even though I had a dollar to give, it was my son who had the compassion and gave what he had.”

The Heat, the Magic and the homeless

In December 1996, I took my son and his friend to see the Miami Heat play against the Orlando Magic in what was the Heat's new arena.

It was a perfect night for basketball. The weather was gorgeous. The holiday season was in full swing and you could hear the festive sound of Christmas music everywhere.

My son and his friend were excited too because, for the first time, they would get to see Shaquille O'Neal play. I, too, shared the spirit of the season and also looked forward to watching the game with great anticipation.

When we got out of the car and started our walk across the parking lot toward the arena, I noticed that a large number of homeless people gathered in the area. For a moment the thought occurred to me that perhaps a generous donor decided to purchase tickets and give to those who could not afford to purchase one. I thought that this was in keeping with the good holiday spirit.

Chaplain's Corner



Lt. Col. Wilbert Harrison
Post Chaplain

However, to my surprise, they were there to ask for money to buy food. As one after the other approached me for money, I felt embarrassed and tried not to look into their faces. I walked faster so that I wouldn't have to hear them ask for money. This was my way of ignoring them.

Avoiding and ignoring those who approached me went on for a while until my son caught me by the hand and said, "Dad, give me a dollar?"

I said, "For what?" He went on to explain that he

wanted to give it to the poor people in the park.

I said, "Son one dollar is not enough and besides, you don't have enough money to feed them all."

He said, "I know Dad, but I still want to give something."

"All right, if you insist," I said.

As I stood there watching him approach a beggar and give him a dollar bill, I felt a little guilty because, even though I did have a dollar to give, it was my son who had compassion and gave what he had.

When my son returned, he had a big smile and said, "I did it!" I responded that I was proud of him.

I will never forget that evening especially when Thanksgiving and Christmas come around. I think of the poor and needy in our society. Many are still ignored even though we see them on our streets and in our communities everyday.

We, in America, are blessed beyond measure; yet we are the most wasteful country in the world.

God did not bless us so that we can keep to our-

selves. God blesses each of us so that through our giving and sharing the world will be fed and the homeless will have a place to sleep. We are God's ears, eyes, hands, arms and legs to feed and give to those in need of help.

In a newspaper clipping, I read where the city of San Francisco had proposed a plan to get the homeless off the streets by arresting and putting them in jail. The city leaders say they are tired of these people because merchants are complaining that business is down due to the number of homeless people on the streets. The homeless and the needy are with us to stay and we must do all we can to help alleviate poverty and hunger in our communities and world.

In Matthew 25:31-46, Jesus portrayed himself as one of those who is hungry, in prison, a foreigner and sick. Those who help people in any of these situations actually help Christ.

In Deuteronomy 15:7-8 and 10-11, "If there is a poor person among your brothers in any towns of the

land that the Lord your God is giving you, do not be hardhearted or tightfisted toward your poor brother. Rather, be openhanded and freely lend him whatever he needs.

"Give generously to him and do so without a grudging heart; then because of this the Lord your God will bless you in all your work and in everything you put your hand to.

"There will always be poor people in the land. Therefore I command you to be open handed toward your brother and toward the poor and the needy in your land."

When we look back over the year, there is so much to be thankful for, which should cause us to count our blessings. But, a Thanksgiving without sharing is no Thanksgiving at all because to show true thankfulness, is to share freely with those who are poor and needy in our community.

Remember, one does not have to plan to be homeless; sometimes it is something that just happens to you. Ask those in Florida who were hit with four hurricanes in one season.

... It reminds Soldiers that we are here providing continuity during an uncertain time.

Army Civilian Corps Creed

I am an Army Civilian - a member of the Army Team.

I am dedicated to the Army, its Soldiers and Civilians.

I will always support the mission.

I provide stability and continuity during war and peace.

I support and defend the Constitution of the United States and consider it an honor to serve the Nation and its Army.

I live the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage.

I am an Army Civilian.

The need for a creed?

“Well, yippee skippy, we suddenly have a creed,”

was my initial reaction when I read the recently released Army document.

It isn't that I don't think creeds in general are important; they are. They can establish a focused way of thinking within a group and promote the values of that group. It's just that I've already spent nearly 25 years working with DoD civilians who embody the attributes listed in the

creed ... perhaps, I couldn't see the need; but, maybe that's just me.

So, I performed an informal survey of post personnel Monday to see if my thinking was out in left field somewhere. Several

Community Spotlight

By Patricia Radcliffe
Casemate Staff Writer

people looked at the creed and said, "Yeah, that's me all right." One even commented that he swore his

allegiance years ago, so he didn't see why a creed is needed.

Still, I was told that it is good because it promotes "esprit de corps" among military and civilian personnel. It's a standard to reach, for new employees, someone speculated, and produces pride in what we do to support the bigger effort.

"Its intent is to include us as part of the Army effort. It is a way of validating and solidifying our role in the support of the Army mission," was the comment

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Casemate

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Contributed photo

The Queen Anne Duplex “deconstruction” project earlier this year generated tons of material that was reused or recycled.

RECYCLE Continued from Page 1

In the past five years Fort Monroe has increased the amount of solid waste it diverts from landfills from 7.1 percent in FY 1999 to 56 percent in FY 2004 largely due to deconstruction efforts, VanDyke said. Most buildings are about 90 percent recyclable, he noted.

“Buildings are taken down all of the time and quality materials are thrown away. As time goes on, landfills will swell and tipping fees will rise. Eventually building material will have to be dealt with effectively. More and more reuse stores and used building material outlets will open. Jobs will be created not only at reuse outlets, but also as a workforce,” said VanDyke.

The January report cited an example. One deconstruction project on post created an opportunity for a subcontractor to run a job-training program in conjunction with a local non-profit agency – Community Action Partnership. Participants in the program learned a trade, developed a marketable skill and a means for self-sufficiency. Some were even retained by the subcontractor to work on future jobs, the report stated.

Recycling on post was overseen by MWR until 1998 when DPW/L was assigned the program. Already successful at that time, the program continues to grow and has since been recognized by both the Keep Virginia Beautiful and Keep America Beau-

tiful campaigns.

VanDyke said, through the recycle program, residents on post have the convenience of mixed material curbside recycle bins and access to the Recycle Center, Building 81. As for non-residential buildings, most have community recycle bins that are routinely emptied by a three-member recycle team, and the materials are processed at the Recycle Center.

The Recycle Center, DPW/L processes white paper, mixed paper, aluminum cans, magazines, newspaper, cardboard, telephone books, toner cartridges, scrap metal and cell phones. Those housed on Fort Monroe can also recycle plastic bottles and glass. Additionally, the motor pool recycles motor oil, tires and antifreeze, VanDyke added.

Periodic special events — such as the recent Post Recycle Day when residents were asked to recycle one item they would normally throw away — will continue through the coming year, VanDyke noted.

“We need to make recycling a lifelong practice,” he said. “It not only saves money but also protects the environment ... in the long run, the benefits are immeasurable.

“It’s also important to close the loop by buying products that use recycled materials. That also contributes greatly to the success of the program.”

Deconstruction Quick Facts:

- ☆ **More than 200,000 buildings in the United States are torn down annually.**
- ☆ **The military has approximately 80 million square feet, including 8,000 structures, identified as excess and/or obsolete.**
- ☆ **Construction activities consume 60 percent of the total raw materials used in the U.S. economy.**
- ☆ **An estimated 136 million tons of building-related construction and demolition debris is generated in the United States per year, of which 92 percent is from renovation and demolition.**
- ☆ **C&D debris accounts for 30-40 percent of all municipal solid waste streams in the United States.**
- ☆ **Only 20-30 percent of C&D waste is currently recycled.**

PA contractor describes Monroe as ‘national leader’

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Pennsylvania-based contractor Paul Tran is convinced that Fort Monroe is a national — if not global — leader in the building “deconstruction” business.

“A lot of it is the attitude,” said Tran, who is the president and founder of Earth Savers Inc., a general construction and demolition firm that was hired earlier this year by Fort Monroe to disassemble buildings on post. “They’re never satisfied with just meeting Army environmental standards, they’re determined to exceed them in every way possible.”

The installation’s efforts even garnered an “Outstanding Government Agency” award from the Virginia Recycling Association recently (see story, Page 1). Post environmental officials attributed the achievement to their aggressive reuse and recycling program for salvaged building materials.

“While it makes a lot of sense, the concept of building deconstruction hasn’t really taken off outside the military,” Tran said. “It is a bit more costly (his best estimate was \$1.20 more per square foot of building being demolished), and most civilian firms don’t want to make that investment. But the military realized a long time ago that you can’t put a price tag on good environmental stewardship.”

Tran also shares the Army and Fort Monroe’s belief that the charitable benefits to agencies like Habitat for Humanity far outweigh any additional costs or the extra time it takes to disassemble a building rather than pound it into rubble and cart the debris off to a landfill.

“Windows, wood flooring, sinks, handrails ... there’s so much stuff that’s reusable in these buildings,” said Ed Cassidy, project manager for Earth Savers. “And there is clearly a need out there for these free building materials. It just makes sense to put it to good use rather than dumping it in a landfill.”

Even a small demolition project, such as a house, can produce as much as 120 tons of debris, Cassidy noted. Fort Monroe recently took down seven buildings which would have generated roughly 3,500 tons of debris, but 74 percent was saved for reuse.

“We’ve achieved as high as a 95 percent recycle rate in the past, and we’re determined to meet or beat that with the upcoming Wherry Housing deconstruction project,” Cassidy said. “We’re hoping to salvage, recycle or reuse 100 percent of the brick and concrete.”

That in itself is an extremely positive story as the bricks will be donated to the City of Poquoson, which has been in need of a new firehouse since their old one along Wythe Creek Road was destroyed by flooding from Hurricane Isabel.

“I can’t even begin to describe how big of a shot in the arm it will be if we’re able to receive enough bricks to complete the building,” said Poquoson Mayor, Gordon C. Helsel, Jr. “That would eliminate one of our biggest expenses ... brick and concrete cost a lot more than steel.”

And Poquoson’s continuing Isabel recovery efforts have left a lot of budgets stretched thin. “We haven’t done a true cost estimate, but I’m sure we’re talking a sizeable, sizeable contribution,” Helsel said.

The mayor expressed “genuine appreciation” for the continuing partnership between Fort Monroe and his community, and he said he’s proud to have so many post employees residing in his city.

“I think it would be great if they added a plaque to the finished building that highlights the contribution by the Army and Fort Monroe,” Tran said. “Down the road, this is going to be a great story for the installation and I can’t think of anyone more deserving of recognition.”

Further coverage of the project will appear in future editions of the Casemate.

Sgt. Audie Murphy Club inducts two on post

The Sgt. Audie Murphy Club, which is only open to NCOs, will induct Staff Sgts. Kathleen Khan and Nicole Bookhardt in a ceremony Monday at the Post Theater at 10:30 a.m.

Sgt. Audie Murphy was the most decorated American combat Soldier of World War II. He received medals for valor from the United

States, Belgium and France. Clubs have been established with him as namesake beginning in early 1986.

Khan said Tuesday that it is an honor to become a member of this organization. She also said that gaining membership requires about three months of intense study and hard work.

Inductees are scrutinized by boards comprised of sergeants major and tested on “Army Study Guide” information which includes subjects like physical security, force protection, physical fitness and troop leading.

NCOs interested in becoming Sgt. Audie Murphy Club members, call Khan at 314-8020.

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Visit us at www.monroe.army.mil/casemate

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Deadline nears for holiday rooms

Fort Monroe enlisted Soldiers, staff sergeant and below, who cannot go home for Christmas can still take part in the annual Peninsula Military Holiday Rooms Program, which provides free lodging for immediate family members. The deadline for requests is Dec. 1.

Through the program, families can have a reserved room at a participating hotel from 3 p.m., Dec. 24, until checkout at noon, Dec. 27.

The post Public Affairs Office is coordinating lodging requirements for enlisted members at this installation only. PAO can also assist with the registration form.

Participants are reminded that they only need to fill out Part 1 of the Holiday Room registration form and turn it in before the deadline.

Part II of the registration form will be completed by PAO upon confirmation of a room reservation being made by a participating hotel. Forms will be returned to Soldiers on or around Dec. 10.

Forms are available at the Fort Monroe PAO, the HHC orderly room and command sergeants majors' offices throughout the installation and via command e-mail notices.

For more information, call Earl Richards at 788-3205.

CREED Continued from Page 2

I received from Barry Buchanan, the installation's civilian personnel officer.

The consensus was that, yes, it's a good thing because it reminds Soldiers that we are here providing continuity during an uncertain time.

Army civilians, as I see them, are average folks - whether they are the managers or the managed - who have worked for years on perfecting skill in their fields.

They shrug off disparaging remarks about civil service personnel and the lack of recognition in performing jobs that are sometimes tedious and unglamorous.

Like beams, joists and studs that provide a building's structure, civilians are the behind-the-scenes support for Soldiers and their family members.

These people know their jobs and when you ask about their work - as I often do - they proudly let it be known that theirs is the best or most important job on post. I think that type of dedication is wonderful.

On second thought, perhaps the creed is a good thing. It won't change the way we work, but it helps us realize that we are appreciated and maybe some of those questionable perceptions about Army civilians will even change.

DoD offers holiday mail tips

The Department of Defense issued a recent reminder that the "Any Service Member" mail program many Americans have traditionally used to show their support of troops stationed overseas during the holiday season has been suspended indefinitely.

The suspension is a result of security concerns and transportation constraints.

In lieu of direct mailings, well-wishers are encouraged to contact any one of the reputable uniformed service agencies — such as the USO or AAFES — to learn about alternative troop support programs.

"Operation Care Package," for instance, is a USO-sponsored program through which individuals and families can make monetary donations that will be used to build care packages for deployed service members. Those who make a contribution of \$25 or more will have the option of including a personal message of support and encouragement.

A "big benefit" of the USO program, according to organizers, is that troops have actually requested many of the items — such as sunscreen, travel-size toiletries and pre-paid worldwide phone cards — contained in the

care packages, so nothing goes to waste. Several corporate sponsors have also joined forces with the USO, and are offering products at drastically reduced prices.

For more information about the USO program, to include how you can make a donation, visit www.usocares.org.

The Army and Air Force Exchange Service's "Gifts from the Homefront" and "Help Our Troops Call Home" programs are also an excellent opportunity to support service members deployed overseas.

Through "Gifts from the Homefront," individuals, businesses or civic organizations purchase gift certificates that go to service members around the world. The certificates are accepted at any PX or BX facility, to include the 51 exchanges established for Operations Iraqi and Enduring Freedom.

Similarly, the "Help Our Troops Call Home" program provides an opportunity for well-wishers to purchase prepaid calling cards in varying amounts, which are distributed among deployed service members.

Those wishing to participate in either program can obtain further information, or make a contribution, at www.aafes.com.

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NewsClips

Frame and Craft Shop Open House, Dec. 7, noon to 7 p.m.
For more information, contact Arlene Wallace at 788-2728.

Thanksgiving service

Members of the Fort Monroe community and guests are invited to a combined Ecumenical Thanksgiving Service beginning at 7 p.m., Wednesday at Saint Mary Star of the Sea.

A free dessert social will follow the service. Families may bring additional dessert items to share with others. All desserts can be dropped off at the rectory fellowship hall prior to the service.

For more information, contact the Post Chaplain's Office at 788-2611.

Post Office reopens

The U.S. Postal Service reopened its Fort Monroe branch Monday at 102 McNair Road, Building 183 (next to the Marina). Customer service hours are Monday through Friday from 10 a.m. to 2 p.m.

Monroe residents who were receiving their mail at the Phoebus Post Office now have boxes established at the Fort Monroe branch. All post employees and residents are also encouraged to take advantage of the new facility's conveniently located customer service counter.

For further information, call 827-3061.

Blood Drive results

The Fort Monroe chapter of the Red Cross thanks first-time donor Aisha Johnson for participating in the Nov. 10 Blood Drive at the Community Activities Center. Linda Brooks and Robert L. Ballou are also congratulated for reaching their three-gallon milestone.

The Red Cross collected 49 usable units from 66 attempts during the drive. Those relatively low numbers, according to the volunteer organization, illustrate how critical it is for those who believe they are qualified to donate to show up for the next drive scheduled for January 2005. Before the "mad cow" issue, the Hampton Roads area was an exporter of blood, but has since found itself short of supplies and in need of supplemental shipments from other areas, Red Cross officials said.

Continue reading the Casemate for information about upcoming blood drives and other Red Cross sponsored events.

Toy tribute

A toy store all to yourself ... how many kids have had that dream?

Well, now it's going to happen — sort of — as the Toys R Us outlets in Hampton and Newport News

host military appreciation night, Nov. 28, from 6:30 to 9:30 p.m.

During the event, the stores on Mercury Boulevard and Jefferson Avenue will be open to military ID card holders only (to include retirees). They will give away door prizes ranging from games and dolls to bicycles and a Game Cube gaming station. There will also be surprise visits from a few mystery guests, store-mascot Geoffrey and Santa! Moms and dads can also enjoy savings of up to 50 percent on selected items.

To assist the stores with planning for refreshments and staffing, RSVP well in advance via email. The address is comingtohampton@cox.net for the Hampton store, and comingtonewportnews@cox.net for the Jefferson Avenue store.

Historical meeting

The Historical and Archaeological Society of Fort Monroe will hold its next monthly meeting at 11:30 a.m., Dec. 6 at the Siren Restaurant in Phoebus.

Amy Williams Boykin, assistant professor at Christopher Newport University, will present an illustrated program on the life of Capt. Christopher Newport.

The event is free and open to the public. Lunch is pay as you go. For

more information, contact David J. Johnson at 788-3935.

NN Library 'friends' need volunteers

The Friends of the Newport News Public Library are looking for volunteers for ongoing projects.

They need people to sort and shelf books at their main storage location in Newport News, and assist with their periodic book sales at branch libraries, among other tasks. All community service hours can be documented if needed. For more information, call 926-1350.

Bataan march

The 2005 Bataan Memorial Death March will be conducted on March 20 at White Sands Missile Range, N.M.

The march honors the sacrifices made by U.S. and Filipino service members overwhelmed by Japanese forces during World War II. The event is open to active, reserve and retired military members, ROTC and JROTC cadets and civilians.

The fee is \$40 for individuals and \$150 for teams. For more information, to include uniform requirements for military teams, visit www.bataanmarch.com or call (505) 678-1134.

6X7
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Photo by Matthew Thomas

Honoring an ally

First Sgt. Mitchell Brown (left) escorts Gen. Jose Antonio Garcia-Gonzalez, chief of staff of the Spanish Army, during an arrival ceremony on post Nov. 9. A Headquarters Company salute detail also participated in the event. Garcia-Gonzalez received various operational briefings during his visit.

Toys for Tots drive continues on post

Each year, under-privileged children across the Peninsula rely on the local Marine Corps Reserve Unit in Newport News to collect and distribute toys through their traditional Toys for Tots campaign.

The Marines brought their donation barrels here earlier this month as they kicked off the 2004 drive. Drop box locations include the PX, bowling center and Building 105.

This is the 57th year for the program, which has helped thousands of children in this area alone. Without the annual effort, the kids would have received few if any gifts come Christmastime.

For the past six years, Fort Monroe has been an enthusiastic contributor to the local Toys for Tots program, and can be credited with an appreciable percentage of the total toys collected by the Marines on the Peninsula.

“I have always found that Fort Monroe never ceases to amaze me by digging deep and helping the children in our community,” said Phebe Morrow, program coordinator for the installation.

Morrow invites all units, office groups and staff directorates on post to join in supporting the pro-

gram by collecting new, unwrapped toys and placing them in one of the collection boxes distributed across post or arranging for a large donation pickup.

“By far, the most successful means of collection is during holiday office parties, however, individual donations at a central office collection point has also been very successful,” she said.

Cash donations may also be made to the Toys for Tots program. Check contributions should be made payable to the “Toys for Tots Foundation.”

For more information about the Monroe program, dropbox locations or to arrange for a toy pick-up, contact Morrow at 788-2729.

All donations must be made by Dec. 13. Participants are asked not to donate toy weapons, toys containing liquids or clothing.

There is a particular need for toys specifically suited for older children, ages 10 to 14.

The 2003 Toys for Tots campaign was the most successful in its 56-year history with more than 15 million toys distributed to 6.5 million needy children in 456 communities in the U.S., and Puerto Rico.

3X7
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3X7
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Photo by Sandy Goss

Peter Craig, assistant lodging program manager for MWR, cleans windows on Building 5 as part of the fall cleanup week Nov. 1-6.

Fall cleanup week ...

An annual event that demonstrates a continuous show of pride by post personnel who participate in efforts to maintain the beauty of Fort Monroe.



Photos above and right by Patricia Radcliffe

Sgt. 1st Class Horace Williams, senior post chaplain's assistant, spruces up the flowerbed that runs alongside the Chapel of the Centurion.



Above: Bill Schaffer, NERO bowling and golf program manager, freshens up a Building 5 doorway. Left: Chris Swink, executive assistant to the clinic commander, trims hedges in front of the clinic Nov. 5.



Army Soldier Show Scrapbook

'Heart of a Soldier' packs the house

Pfc. Clarence Reeves from Fort Sill, Okla., imitates pop icon "Prince" during the U.S. Army Soldier Show Nov. 9 at the Post Theater. Titled "The Heart of a Soldier," this year's show drew its typical large crowd, and those who turned out were rewarded with a high-energy performance featuring dozens of hit tunes expertly presented by active duty and reserve Soldiers from throughout the Army.



From left, Sgt. Abimael Leon, Spc. David Clemo, Spc. Corey McAleesejergins and Pfc. Daren Taylor take the audience back in time with a "Bandstand Boogie."



Spc. Emily Plasterer of the Indiana National Guard demonstrates her song and dance skills while performing "Represent Cuba" during the high-spirited Latino music portion of the Nov. 9 Soldier Show.



Pfc. Heather Jenkins, Fort Drum, N.Y., opens the show with the Toby Keith song "American Soldier."



Photos by Patrick Buffett

Portraying an Army drill sergeant whose tired of being viewed as the overly serious guy all the time, Sgt. David Thompson, Jr., an Army Reservist from New Orleans, sings the Temptation's hit "My Girl" during the Nov. 9 Soldier Show.



Photo left by Matt Thomas. Photo above by Patrick Buffett

Monroe honors Native Americans

Left: H. Curtis "Silver Fox" Smith demonstrates the hunting techniques of the Nansemond Indian Tribe during a Nov. 4 program at the Post Theater. Above: William Duncan of the Jamestown-Yorktown Foundation discusses the Powhatan Indians during a special presentation Nov. 15 at the Bay Breeze Community Center.

Got any sports results?
Need to advertise an upcoming event?
Give us a call at 788-3208 or e-mail casemate@monroe.army.mil.



Second
wind ...

Having quit smoking six months ago, Kevin Rior-dan substitutes running for his old habit. He was the second runner to complete the Great American Smoke-out 5K Walk/Run held here Tuesday. Along with stressing the benefits of healthy living, the non-competitive annual run is a great way for former smokers to appreciate their new lifestyle. Rior-dan credits the post Fitness Center and its helpful staff for his ability to stay off cigarettes.



Photo by Patricia Radcliffe

Monroe team posts 16-0 record
to sweep Langley AFB season

Fort Monroe's "Showtime" flag football squad is scheduled to defend its undefeated 16-0 record this evening in the championship game of the Langley Air Force Base intramural league.

The eight-team playoffs began Monday with the post team defeating 1 EMS, 13-12. Spc. Eric Hill, who scored the game-winning TD, and Staff Sgt. Shawn Murray with two interceptions, were standouts on both sides of scrimmage. Spc. Samuel DeVincent also put in yeoman's work on the offensive line.

In the second round Tuesday, Showtime defeated LRS, the 2003 defending Champs, with a final score of 12-6.

Fort Monroe not only took first possession in that game, but also scored on its very first play when QB Thomas Scott ran a sneak and then lateraled to Hill who in-turn lateraled to Carson Brown who covered 60 yards for a touchdown.

On their next possession Scott hit Hill on a 35-yard touchdown strike to extend the lead to 12-0. LRS got on the board late in the second half and threatened to tie the score in the closing minutes, but was intercepted by

Staff Sgt. William Fernandez to end any hopes of giving Showtime their first loss.

Other notables were Staff Sgt. Michael Brock and Maj. Joel Gentry.

The win placed Showtime in the semi-finals against rival Med Group Wednesday evening to determine who would be advancing to the Championship game.

"My team has dwindled down to 11 players since the start of the season," said Scott, who also coaches the team. "I lost most of my guys to PCS and injuries. But we have a seasoned veteran squad and, even with the team being shorthanded, we still are the best team in the tournament."

Scott's team has also been participating in U.S. Flag and Touch Football League games across the nation over the past couple of years, giving them another "edge."

"My players have gained valuable experience that has raised Showtime's level of play above other intramural teams. I fully expect my team to win this evening and I hope to see lots of Monroe fans out there cheering for us."

6 X 7 AD



Photo by Patricia Radcliffe

Climbing wall offers new fitness challenge

BY JON PEARLMAN
CONTRIBUTING WRITER

Hidden away in the corner of the Fort Monroe Fitness Center is one of the best kept secrets of Hampton Roads — a 20-foot high, indoor rock climbing wall.

For those unfamiliar with rock climbing, this is not only a great exercise, but can be fun for all ages.

This wall has three auto belays, which slowly lower the climber to the ground after reaching the top or becoming detached.

The wall is expertly designed with simulated rocks, crevices and different degrees of difficulty. It has something for everyone.

Why try our rock climbing wall? Climbing provides a great strength workout, gets the heart rate elevated and also is a mental challenge. Rock climbing works almost every muscle in the body. This helps climbers gain muscle tone and definition. Reaching the top using different routes also gives a great sense of achievement.

The Fitness Center's rock wall is

unique in that it is free of charge to all persons eligible to use the fitness center. The Fitness Center provides the necessary climbing equipment and training. After filling out a waiver, attending a brief orientation on how to climb and getting secured in a harness, climbers are good to go.

Rock climbing is open to all eligible people seven years of age or older. A parent must supervise children under 17.

The rock wall is open Monday through Friday from 5:30 a.m. to 7 p.m. and, Saturday and Sunday 8 a.m. to 3 p.m. For more information call 788-3090.



Army researchers test flu vaccine half-doses

WASHINGTON (Army News Service, Nov. 15, 2004) — Army researchers are studying whether half doses of vaccine can prevent flu in healthy Pentagon volunteers.

The study, conducted by the Allergy-Immunology Department and Vaccine Healthcare Centers Network at Walter Reed Army Medical Center, in cooperation with the Department of Health and Human Services, compares the immune responses of participants who receive half doses of vaccine with those who receive full doses.

The purpose of the study isn't to prove that a half dose is the same, but to prove that it isn't inferior to a full dose, said Maj. Molly Klote, research fellow at the Allergy-Immunology Department at Walter Reed Army Medical Center.

"We are trying to see whether a half dose of the flu vaccination would be what's called non-immunological inferior to the full dose," said Klote. "Basically, [the half dose] has the same affect on the immune system as the full dose of the vaccine in healthy people. We think a healthy immune system only needs half as much of the vaccine to create the same immune response of a full dose of someone who's older or has a less effective immune system."

If immune responses are similar in the two groups, U.S. health-care providers may be able to respond to future vaccine shortages by giving healthy people half doses. This would allow protection of twice as many people during shortages or major flu epidemics.

The goal is to vaccinate 1,440 individuals who are Military Health System beneficiaries, or enrolled by Nov. 24, between the ages 18 and 64 and who do not fall into DoD's priority categories for receiving the existing vaccine or haven't had a flu shot in the past three years.

"The response has been fabulous for DoD and for readiness since we have so many healthy people in our recruits and Soldiers," said Col. Renata Engler, chief of the Allergy-Immunology Department at Walter Reed Army Medical Center. The only problem is trying to find people who haven't had a flu shot in the last three years, she added.

"The reason why healthy people are so important is because data shows that the best way to protect the most vulnerable people in our population is to immunize those around them," said Engler. "Not just in hospitals, but in homes and work areas because, in some cases, people who are at the greatest risk ... don't respond well to the vaccination."

"We are trying to see whether a half dose of the flu vaccination would be what's called non-immunological inferior to the full dose."

MAJ. MOLLY KLOTE
WALTER REED ARMY MEDICAL CENTER

The study requires two visits over a three-week period, starting on the first day of vaccination. Individuals participating in the study must have a tube of blood drawn, which will be used to measure the antibodies to the influenza virus. Once receiving the randomly selected half dose or full dose of the vaccine, individuals are given a diary card to record any symptoms or side effects for the next 21 days.

During that time, the participants will

receive two more follow-up surveys by e-mail or phone asking if they had any flu-like illness, unexpected hospital visits or trips to the emergency room for any upper respiratory or flu-like illnesses, said Klote. Surveys will continue for six months after initial enrollment.

On the second visit, individuals will give another tablespoon of blood, and then both samples will be sent to the Centers for Disease Control and Prevention lab to measure the antibodies.

"It's critical to the study to get people to come back in 21 days or so to get the post blood drawn," said Engler, "because that's when the immune system responds to the vaccine."

While other half-dose studies have been done, more data is needed to apply results to the population as a whole, officials said. The Army study is looking at additional age groups, numbers of clinic visits and other health outcomes of the participants, and is adding an additional flu season of data. The Food and Drug Administration, which licenses U.S. vaccines, needs such additional data before making a decision about half-dose administration.

The vaccine used in the study is the same U.S. vaccine that is currently available for high-risk individuals. The study will use less than one-tenth of a percent of the flu vaccine DoD is allotted for this flu season, an investment with the potential to reduce illness and save lives, both in its beneficiaries and in the general public, officials said.

Information about the DoD's flu vaccination priorities, this year's flu season, and flu prevention is available from the Military Vaccine Agency, on the Web at <http://www.vaccines.mil>. Walter Reed's Vaccine Healthcare Center is on the Web at <http://www.wramc.amedd.army.mil>.

MoatNotes

UPCOMING SPOTLIGHT EVENTS

Holiday Bazaar Nov. 21 | Craft Shop Open House Dec. 7
Thanksgiving Brunch Nov. 25 | Jingle Bell Run Dec. 10
Tree Lighting Ceremony Dec. 2 | TUSCAB Holiday Concert . . . Dec. 11
For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



Nov. 19

Ben Vereen

Stage and screen icon Ben Vereen will pay tribute to Rat Pack legend Sammy Davis, Jr., during two special performances today and Saturday at the American Theatre, Phoebus. Shows begin at 8 p.m.

“Ben Vereen Sings Sammy Davis, Jr.” is the culmination of a lifetime of artistic discipline and mastery. Ben was cast opposite of Sammy in the film adaptation of “Sweet Charity” and was hired as his understudy in “Golden Boy.” His familiarity with the beloved singer combined with a shining, Tony-Award-winning career of his own, makes this show a once in a lifetime, “must see.”

All seats are \$60 for this special event and no discounts will be applied. For further information, or to reserve seats, call 722-2787.

‘Romeo and Juliet’

The Bard returns to Theater CNU, Newport News, today through Sunday with one of the best-known and best-loved stories of all time — “Romeo and Juliet.”

Widely regarded as one of William Shakespeare’s best plays as well as a genuine crowd pleaser for nearly 500 years, this timeless tale contains some of the most elegant poetry, drama and action sequences ever written.

Showtime is 8 p.m., Friday and Saturday, and 2:30 p.m., Sunday. Tickets are \$10. The theater is located on the campus of CNU. For more information, or to reserve seats, call 594-8752.

‘Always Patsy’

The Yoder Barn Heritage Theater production of “Always ... Patsy Cline” continues today through Sunday at the stage group’s fascinating facility along Jefferson Avenue, Newport News. Showtimes are 8 p.m., today; 2 and 8 p.m., Saturday; and 7 p.m., Sunday.

Described as a toe-tappin’, belly-laughin’ hit, “Always ... Patsy Cline” is a tribute to the super-star of country music as seen through the eyes of her biggest, zany fan Louise Seger. This musical comedy brims with Patsy’s biggest hits from “I Fall to Pieces” to “Crazy.”

Tickets are \$20 for adults and \$15 for students. Call 249-4187 for more information or to reserve seats.

‘Fabolous’ concert

The Old Dominion University Student Activities Council welcomes rap and hip-hop recording artist “Fabolous” with Lil Scrappy and Ciara to the Constant Center,

Costume Construction



Photo by Patricia Radcliffe

Anjali Resendez-Naranjo, 3, decorated a paper “American Indian vest” that she wore while performing songs and a skit for parents who attended a Thanksgiving luncheon Wednesday at the Child Development Center.

today at 8 p.m.

With a name that defines his career, Fabolous became an overnight sensation in 2001. His debut album “Ghetto Fabolous” reached #4 on the Billboard Top 200 Album Chart and made him the year’s most successful solo hip-hop artist. His career skyrocketed even further when recording artist Nelly nabbed Fab for his uber-successful 2003 “Nellyville” tour. Reebok also snatched Fab for the hottest sneaker commercial of that year.

Tickets for the general public start at \$25 and are available at the Constant Center Box Office or any Ticketmaster outlet. They can also be charged by phone at 671-8100.

Nov. 20

Carriage rides

Free horse and wagon rides through Olde Towne Portsmouth will be offered by Ever After Farms beginning this weekend and continuing through the holidays.

Rides will be offered every Friday and Saturday from 10 a.m. to 9 p.m., and Sundays from noon to 9 p.m. The service is closed Christmas and New Years Day.

Participants will be asked to

make a donation to the Portsmouth Museum’s Winter Wonderland Fund during the ride. For more information, call 393-5111.

‘Tellabration’

The power of storytelling comes to the Williamsburg Library Theatre stage Saturday at 7 p.m.

Nationally known teller Red Hawk and members of the local Weavers of the Word storytelling guild will present a wide range of traditional, humorous and personal tales especially for adults. Barry and Lynn Trott will also perform musical stories handed down across the generations.

The 75-minute program is free and open to the public. Reservations are not required. For more information, call 259-4071.

Nov. 23

Christmas ceramics

Looking for that perfect Christmas gift? How about a holiday ceramic piece?

The Fort Monroe Frame and Craft Shop is offering free, hands-on Christmas ceramic lessons each Tuesday from 4 to 8 p.m. A variety of ceramic pieces are available. Par-

ticipants are welcome to drop in at any time. All supplies must be purchased from the shop, which is located within the Community Activities Center.

For more information, contact Arlene Wallace at 788-2728.

Nov. 27

‘Magic School Bus’

The best-selling book series by Scholastic — “The Magic School Bus” — is now on stage and is coming to Chrysler Hall, Norfolk, Nov. 27 from 3 to 7 p.m.

Come join teacher extraordinaire, Ms. Frizzle, her reptilian sidekick Liz, reluctant Arnold, jokester Carlos, energetic Wanda, and the rest of the gang for this high-energy, interactive show for the whole family. The cast will go on two adventures titled “The Traveling Sound Show” and “Recycling.” Both will feature music, fun and problem solving in true “Magic School Bus” fashion.

Tickets are \$16. For more information, or to reserve seats, call the Chrysler Hall box office at 664-6464 or visit www.norfolkscope.com.

‘Masked Marvels’

With handcrafted masks and original stories of courage and wonder, Michael Cooper will present his one-man show “Masked Marvels and Wondertales” Nov. 27 at the American Theatre, Phoebus. Show times are 11 a.m. and 2 p.m.

Combining mythical and autobiographical tales, Cooper’s show is brought to life by outlandish stilt dancing and a physical repertoire ranging from madcap to sublime.

This show is suitable for children age 6 and up. All seats are \$12. Tickets for children under 12 are half price. For more information, or to reserve seats, call 722-2787.

At The Movies

Showing at the Langley Air Force Base and Fort Eustis Theaters

Friday, Nov. 19
7 p.m. — Friday Night Lights (PG13) (Fort Eustis only)
7 p.m. — Base Talent Show (Langley AFB only)

Saturday, Nov. 20
2 p.m. — Shark Tales (PG)
7 p.m. — Taxi (PG13)

Friday, Nov. 26
7 p.m. — Team America (R)

Saturday, Nov. 27
7 p.m. — Surviving Christmas (PG13)

Adults \$2, children 6-12 years old \$1.50 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50. Special movie showings are available. Contact John Low at LowJ@aafes.com or 766-1237 for details.

Nov. 27

Patch and pin show

Military medals past and present, insignia, uniforms, toys and models, antique firearms and more will be among the offerings of Military Patch and Pin Show Nov. 27 and 28 at the Pikesville National Guard Armory, Pikesville, Md.

Admission is \$5. All military in uniform get in for free. For more information, call (732) 616-3263.

Dec. 2

Snowman basket

No mittens are required when building this version of Frosty ... the Fort Monroe Frame and Craft Shop will be toasty warm as it offers its Snowman Basket Class Dec. 2 from 6 to 10 p.m.

The basket-weaving project can be completed in one evening. The cost of the class is \$39, which includes all supplies except a basket awl and shears available at the shop.

Interested crafters are encouraged to stop by in advance to check out what the finished product will look like. For further information, or to sign up for the class, contact Arlene Wallace at 788-2728.

'Fuddy Meers'

The Thomas Nelson Players present their fall presentation of "Fuddy Meers" Dec. 2 through 4 at the Dr. Mary T. Christian Auditorium on the Hampton campus of Thomas Nelson Community College. The weekday performances begin at 8 p.m., and the weekend show starts at 3 p.m.

"Fuddy Meers" revolves around an amnesiac, Claire, who wakes up every morning as a blank slate — her husband and teenage son must imprint the facts of her life. On this particular day, the wild shenanigans begin with Claire being politely abducted by a man who claims to be her brother. The ensuing mayhem is both deliriously funny and oddly touching.

The play is suitable for an adult audience only. Tickets are \$8 and will be available at the door. For more information, call 825-2752.

Library book sale

The West Avenue branch of the Newport News Public Library will host a book sale Dec. 2 through 4, featuring a wide assortment of fiction, non-fiction and "how-to" material.

Sale hours are noon to 5 p.m., Dec. 2 and 10 a.m. to 5 p.m., the two remaining days. For more information, to include directions, call 247-8875.

Dec. 4

Candlelight brunch

Good food and fellowship will be the offerings of the "Delight in the

Light" brunch at 9 a.m., Dec. 4 in the Bay Breeze Community Center.

Sponsored by the Protestant Women of the Chapel the candlelight brunch will feature Christmas music and a holiday skit.

Those wishing to attend are asked to RSVP by Nov. 24. For further information, or to sign-up, contact Jackie Holley at 851-2738.

Building for birds

Sandy Bottom Nature Park, Newport News, is sponsoring a family team building event titled "This Old Bird House" Dec. 4 from 10 to 11:30 p.m.

Participants will be constructing their own birdhouse using pre-cut and pre-drilled materials. Conservationist will also discuss the sorts of birds who might occupy the newly constructed dwelling.

Park officials describe the event as an "ideal" opportunity for parent-child interaction. The cost is \$5 per team. Those wanting to participate must register no later than Dec. 2. For more information, or to sign-up, call 825-4657.

Carols and crafts

Local choirs will perform old-fashioned Christmas carols on the front porch, seasonal refreshments will be served, and guests can shop for holiday craft items during the Newsome House Museum and Cultural Center's "Sing Noel" program Dec. 4 from 4 to 6 p.m.

This event is free and open to the

public; however, a \$2 donation to the Newsome House program is suggested. A portion of the proceeds from the holiday craft sale will also go to the Huntington High School Alumni Association Scholarship Fund.

Newsome House is located at the corner of 28th Street and Oak Avenue, Newport News. For further information, call 247-2360.

History club

Endview Plantation, Newport News, is hosting a kids craft project that will not only spice up your Christmas Tree but also teach participants a little bit about holiday customs around the world.

The History Club for Kids program presents a Victorian Christmas ornament workshop Dec. 4 from 10 a.m. to noon. The program is open to children ages 8 to 12. The cost is \$10 and reservations are required.

Endview Plantation is located just off I-64 Exit 247. For more information, call 887-1862.

'Lost in Yonkers'

The Peninsula Community Theater presents their rendition of the Pulitzer Prize winning play "Lost in Yonkers," written by Neil Simon, Dec. 4, 5, 10 through 12 and 17 through 19. Friday and Saturday performances begin at 8 p.m. Sunday performances start at 2:30 p.m.

Set in 1942 Yonkers, N.Y., the play focuses on the "Odd-Couple-

Dec. 7

Pearl Harbor Day ceremony

The Virginia War Museum will host its annual Pearl Harbor Day wreath-laying ceremony at the Pearl Harbor Survivors Association monument at 4 p.m. on Dec 7.

The public is invited.

Two years ago, the association dedicated a monument adjacent to the museum to honor the memory of local members of the U.S. military assigned to Oahu, Hawaii, who were attacked by the Imperial Japanese navy on Dec. 7, 1941.

The resulting granite monument features the names of the 55 men from the Virginia Peninsula, both living and dead, who took part in the events of that fateful day.

Dec. 11

Holiday militaria show

Don't miss this opportunity to find the perfect gift this holiday season. Visit the Virginia War Museum between 9 a.m. and 5 p.m. Dec. 11, for their annual holiday militaria show.

Vendors will sell insignia, books, uniforms, accoutrements and more. Plus, the museum store — The Duffle Bag — will offer special discounts on selected items.

The museum is open Monday to Saturday from 9 a.m. to 5 p.m. and Sunday from 1 to 5 p.m. Admission is \$6 for adults, \$5 for seniors and \$4 for children ages 7 to 18.

The Virginia War Museum is located in historic Huntington Park at 9285 Warwick Blvd., Newport News. For more information, contact the Virginia War Museum at info@warmuseum.org or 247-8523.

USO Holiday show

The USO of Hampton Roads presents a show with lots of food, fun and entertainment.

Santa Claus, nickelodeon characters, clowns and more will make their appearances. The show/party is open to all military families, not just families of deployed personnel.

It will be held at Rockwell Hall, Naval Amphibious Base, Little Creek Dec. 11 from 10 a.m. to 2 p.m.

Clean sweep walking

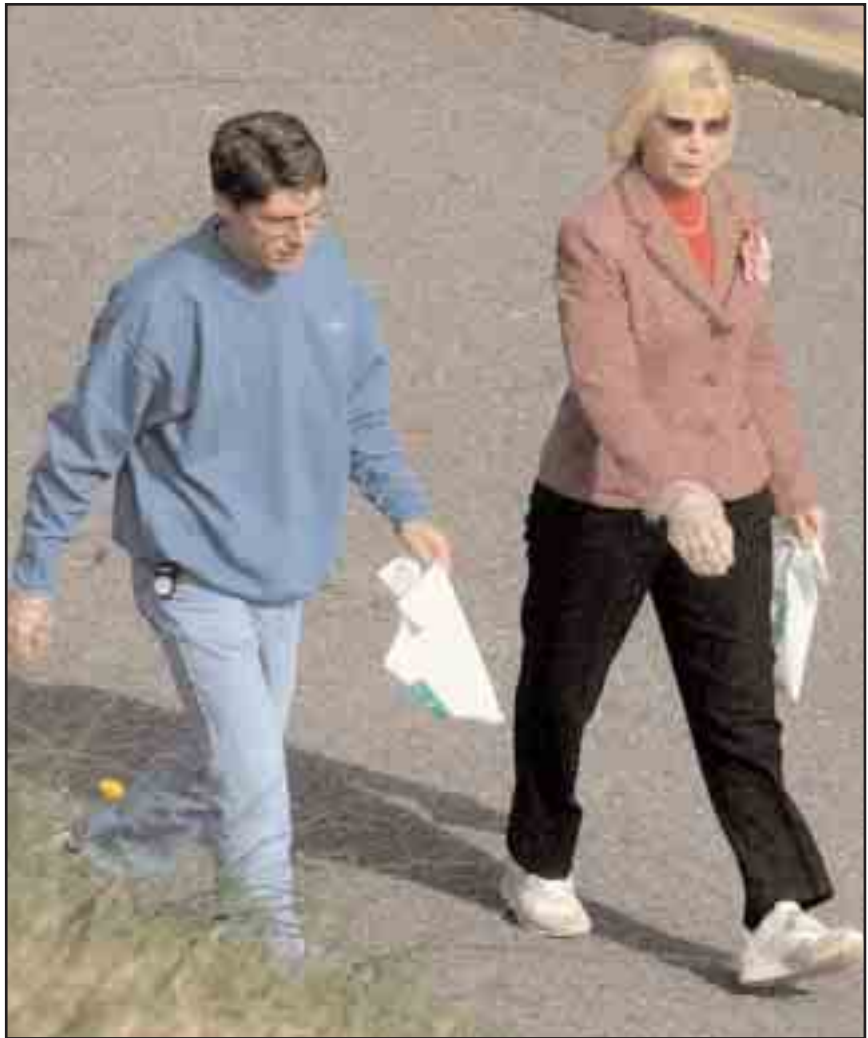


Photo by Patricia Radcliffe

Steve Newman and Mia Williams donned plastic gloves and grabbed a couple of little trash collection bags to combine their Smokeout 5K Walk with Tuesday's Clean Sweep Walk.

Community events spread holiday cheer

From its traditional tree lighting ceremony to a first-time “Holiday Celebration” concert featuring television’s Matt Ashford and Broadway’s Christina Saffron Ashford, Fort Monroe has plenty of activities planned for the upcoming season of good tidings and cheer.

All military members, DA civilians and their families and guests are invited to participate in the following events:

Holiday Blizzard Bazaar — Nov. 21, 10 a.m. to 5 p.m., at the Bay Breeze Community Center. Don’t miss this opportunity to “wrap up” some Christmas shopping all in one stop. Silver, jewelry, baskets, wreaths, furniture, country crafts and decorations are just some of the items that will be available. For more information, contact Maria Jackson at 788-3151.

Holiday Tree Lighting Ceremony — Dec. 2, 6 p.m., Cannon Park, across from post headquarters, Building 77. Sing-along to caroling favorites like “Jingle Bells” and “Deck the Halls.” A visit by Santa and refreshments at the Fitness Center will follow the ceremony. This event is free and no tickets are required. For more information, call 788-2698.

Holiday Decorating Contest — Dec. 9, for quarters and offices post-wide. Awards will be presented at the Jingle Bell Run on Dec. 10. To participate, call 788-2698 or email searless@monroe.army.mil by Dec. 7.

Jingle Bell Run/Walk — Dec. 10, 8 a.m., starting at Continental Park/gazebo and ending at the Bay Breeze Community Center. Fort Monroe-wide participation is

encouraged. Sleighs are permitted in the fun run/walk. Festive dress is encouraged. Prizes will be awarded for the best sleigh representing the spirit of the season. For more information, call 788-2698.

Holiday Celebration Concerts — featuring soap opera star Matt Ashford and Broadway sensation Christina Saffron Ashford, singing along with music performed by The U.S. Continental Army Band. The concerts will be held at Norfolk’s Harrison Opera House on Dec. 10, starting at 7 p.m., and at the Fort Monroe Theater Dec. 11 at 7 p.m.

Both programs will also feature the continental band’s concert ensemble and it’s special performance group “Crossfire,” as well as an ensemble from the Old Dominion University Concert Choir.

The concerts are free and open to the public. Tickets can be obtained by sending a self-addressed, stamped envelope to The U.S. Continental Army Band, ATTN: Tickets, 10 Bernard Road, Fort Monroe, VA, 23651. Please specify which performance you would like to attend and the number of tickets required (limit six). Guests with tickets are encouraged to arrive early. Unclaimed seats will be open to non-ticket holders 15 minutes prior to show time.

For more information, call 788-3620.

Holiday Lantern Tours — beginning Dec. 17 in the Casemate Museum, 20 Bernard Road, inside the moat. Learn how holiday customs have evolved at Old Point Comfort/Fort Monroe over the past 400 years, with emphasis on historical figures like Capt. John Smith,

Edgar Allen Poe, Robert E. Lee and Jefferson Davis. There is no charge for the tours but reservations are required due to limited space. For more information, call 788-3391.

Letters to Santa — Hey kids! The Fort Monroe Fire Department

has a direct line to Santa. Drop your letters to Santa Claus in the specially marked box in front of the Fire Department by Dec. 20, and they will go directly to the North Pole. Don’t forget to put your name and return address on the letter.



Photo by Patrick Buffett

From left, Hampton Mayor Ross A. Kearney shares a laugh with Fort Monroe’s Brittney, Tanya and Jordan LaMon during the National Capitol Tree visit Tuesday evening in the parking area of Outdoor World, Hampton. Brittney, 9, and Jordan, 11, were asked to present the area’s official holiday ornament for the tree. Their father was deployed to Afghanistan in March, but was due home Thursday. The U.S. Continental Army Band also participated in the ceremony.

Check out the Dec. 3 issue of the Casemate for even more holiday activities on post and in the Hampton Roads area!

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